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SACRED HEART UNIVERSITY
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SPECTRUM

Sacred Heart joins 'Spread the word to end the word'

Gina Cerniglia
Assistant News Editor

On March 3, Sacred Heart University students in Best Buddies, Theta Phi Alpha, Kappa Sigma, and other members of the student body gathered in University Commons to make pledges to eliminate the word "retard" from everyday speech.

The event was advertised to the Sacred Heart community as "Spread the Word to End the Word," a campaign to end the use of a word that many find offensive.

"I have been working with Best Buddies for a while now, and I find it offensive when people toss around the word lightly," said senior Alan Minoyan.

However, Sacred Heart was only one of many universities to act on the issue.

According to the Special Olympics Web site, over 500 events were held across America on March 3 and the goal of 100,000 pledges were met.

Nationally, events continue through the end of March.

The Web site says that the petition began during the Special Olympics Global Youth Activation Summit at the 2009 Winter Games by a group of people sensitive to the word.

The effort to rid this word from conversation represents a "vision of a world where everyone is accepted," said the Special Olympics Web site.



The Spectrum/Zack Lane
A group of Sacred Heart students, representatives from the RISE program here on campus and volunteers for the Special Olympics, congregate in University Commons to petition "spread the word to end the word."

Lecture evaluates sacred architecture

Alyssa Scott
News Editor

Since the completion of the Chapel of the Holy Spirit this past fall, the mosaics and detailed artwork compelled a vast audience to Sacred Heart University's grounds.

On March 4 in the Schine Auditorium, the celebration of the chapel's opening continued in junction with a lecture by Duncan Stroik, associate professor of architecture at Notre Dame, who discussed the existence of sacred architecture.

Speaking about the importance of architecture to universities, Stroik said "college campuses are where it's really playing out: the debate, the discussion, and the different ideas about contemporary architecture today."

Further discussing the universal components of architecture, Stroik stressed its core principles: durability, convenience, and beauty and its relevance to sacred architecture today.

Cosponsored by Sacred Heart's University College and University of Notre Dame's Alumni Association, the event was a part of the Notre Dame's annual Hesburgh Alumni Lecture Series. Relevant to the new chapel on campus, Mary Lou DeRosa, dean of University College, said it was no coincidence the lecture was held at Sacred Heart.

"It's quite a nice thing to do what we call the Hesburgh Lecture Series at Notre Dame where we get to travel around the country and be hosted by a Notre Dame Club and a university," said Stroik.

Following the lecture, Notre Dame alumni and members of the Sacred Heart Community followed Dr. Coppola, the vice president for strategic planning & administration, for a detailed tour of the new chapel.

Identifying the purpose of the chapel, Coppola identified it as a place "of healing, of prayer, of celebration, and also of meditation and reflection."

Furthermore, Stroik expressed the importance of symbols that are present throughout the architecture.

"I think a good church is full of symbolism, and in architecture it tends to be more abstract. I think it's important today that we have architects who understand theology and liturgy so that when they design they are thinking about how to embody theology... It's meant to speak to people," said Stroik.

In regards to Chapel of the Holy Spirit, he agreed that there were thematic symbols that speak for the overall design of the chapel. He considers the Sacred Heart chapel to be "very sophisticated" and "detailed."

Designed in part to solidify the Catholic intellectual tradition on campus, the chapel, placed centrally on campus grounds, is hoped to bring people together spiritually.

Since it has been built, the chapel has already hosted numerous events pertaining to the university's mission; however, according to Stroik it will take time for it to fully establish the religious identity of the community.

"The proof of good architecture is how people see it over time," said Stroik.

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BIKING FOR A BENEFICIAL CAUSE

Former Sacred Heart student cycles for affordable housing

Janelle Cracco
Staff Reporter

This year, former Sacred Heart University student Brian Germain will be cycling a total of 4,000 miles from Boston to Santa Barbara, Ca. in the Bike and Build trek with the goal to raise \$4,000.

According to the Bike and Build Web site, they have donated \$2,305,345 over the past seven seasons. Through this effort, they have "engaged more than 1,000 young adults in spreading the word about the affordable housing crisis in America."

"I think we have about 9 or 10 houses that we will work on across the country," said Germain. "Each day we ride to a different town covering an average of 70 miles, although sometimes could be more than 100."

Although Germain has no marathon training, he is still physically and mentally prepared for his journey. In addition to being a previous member of the Sacred Heart track team, Germain stays in shape by continuing to lift weights and spending five days a week at the gym.

"One of my favorite sayings in track and field is 'the only way to get fast is to run fast,'" said Germain. "To become fast, you have to train fast. I'm taking the same to be true with a marathon bike ride."

In spite of all the hard work the cyclists put into the trip, each trip includes several days off where participants can either sleep in or explore the ground around them.

The cyclists sleep in churches, YMCAs, and campgrounds, which arranged by the leaders of the trip to ensure hospitality of the travelers. At these facilities, they will also be able to shower and experience the local food and cultures,

according to the Bike and Build Web site.

Excited for his trip, he is counting down the days until he can be part of a good cause.

"I'm not nervous. I'm more excited than with anything I've ever done before," said Germain. "I wish I was leaving tomorrow and going for the rest of my life. Affordable housing is a huge issue and I can't wait to spread the word to my friends, family and everyone along my route."

"One of my favorite saying of track and field is 'the only way to get fast is to run fast.'"

- Alumnus Brian Germain

Germain, who has a passion for charity work, finds himself participating in Habitat for Humanity projects whenever time is available. Habitat for Humanity is what introduced Germain to the Bike and Build Organization.

"When I was in Maryville, Tenn., on my spring break for Habitat last March, the workers and locals at the home site told me about the group Bike and Build," said Germain. "I figured if I could combine athletics and community service, the two things I love the most into a two month excursion my life's pleasure would increase tenfold."

The main goal is to raise money to contribute to affordable housing. Anyone can donate at www.bikeandbuild.org/rider/3545 to help support a Sacred Heart member.

"Housing doesn't have to be as expensive as it is and I'm out to change that all across country... one hammer swing at a time."



Photo courtesy of Brian Germain

Sacred Heart graduate Brian Germain prepares for the 2010 Bike and Build by cycling around Wallingford, CT on Friday, March 12.

Graduating early may be cost effective

Erin Murtagh
Staff Reporter

By next year, the \$30,298 Sacred Heart University students currently pay in tuition will have increased by an average of eight percent, according to findaid.org. Even worse, if this pattern of increase continues, the cost of college will just about double every nine years.

So what does this mean for students who plan to attend college next year? And what does it mean for students who plan to be paying their children's tuitions in about 20 years?

Sacred Heart sophomore, Brianna Melilli, considers graduating a year early a viable option. "I pay for my own education and graduating early would save me a year's worth of tuition," said Melilli.

However, the question arises as to whether or not it is the most financially sound option.

"First, the student would have to consider how much financial aid would have been awarded in grants, scholarships, merit awards, participation awards, etc.," said Jeff Pietrangeli, assistant dean of student financial assistance at Sacred Heart. "Next, the student would need to realize that typically financial aid is awarded for fall and spring terms only."

Because Sacred Heart does offer financial assistance to students, not all pay the full \$30,298.

Also, each student is only allowed to take a maximum of 18 credits per semester without being charged an overload fee. Therefore, an alternate semester would be required outside of the fall and spring.

Without aid being provided for these alternate semesters, students may still find themselves facing financial difficulties.

"A student may be forfeiting a significant amount of aid that would have been awarded for their fourth year in exchange for paying for summer courses out-of-pocket or with a loan," said Pietrangeli.

And while courses at community colleges are offered at a fraction of the price, they still cost money.

According to Pietrangeli, the student must compare the total cost of tuition for a fourth year with financial aid, to the cost of additional courses with no aid, in order to determine whether or not it is the more economical option.

"Each student's financial award package is unique, as is their own family financial situation," said Pietrangeli. "Ultimately, the decision rests upon the student and their family. It is a personal choice."

This is not an uncommon practice. Students at the University of Chicago are proponents of this method as well. According to an article published March 2 in Maroon, the independent student newspaper at the university, University of Chicago students find themselves graduating early as a means of saving money.

Specific students mentioned in the Maroon article, such as junior Savithry Nambodiripad, will move right into promising employment at a research lab. Others, such as senior Liz Scoggin, will be using the money saved on her spring quarter to pay for law school.

But those students hoping to graduate early from any institution will need to have earned the remaining credits outside of the regular academic calendar. "During my senior year, I took courses at a local community college," said Melilli. "I had already completed 21 college credits by the time I graduated high school."

According to financedad.com, a personal finance blog featured in many media sources such as The Providence Journal, enrolling at a local community college can be a way to save money.

By enrolling in summer courses, or as a full time student, one can complete basic studies that constitute an associates degree before attending another institution at a fraction of the price.

Students can also earn credits before even stepping foot in a college classroom. High schools around the world offer Advanced Placement more commonly referred to as AP courses which allow students to earn college credit and test out of many freshman prerequisite courses.

According to collegeboard.com, over 90 percent of four-year colleges in the United States, including Sacred Heart, recognize the credits earned by qualifying AP scores. This allows the student to immediately start a higher level of coursework.

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Former SHU student dies in car accident

Carli-Rae Panny
Editor-in-Chief

Former Sacred Heart University student T.J. Dingler passed away March 10 in a car accident while visiting Ohio.

Dingler, 21, attended Sacred Heart during the fall 2006 semester and remained close friends with many university students. He was from Wantagh, N.Y. but had family in Waynesville, Ohio.

Long time friend Rob Lawson said Dingler was a great person and that he lived his short life to the fullest. "He had a tremendous amount of friends and we all loved him. His friends, myself included, will always miss him but never forget the times we spent with him," he said.

Those who knew him have taken to his Facebook page to share their remorse. Also, people have written messages to Dingler and shared some of their favorite memories of him on the Facebook group "R.I.P. T.J. Dingler."

According to the Dayton Daily News, Sugarcreek Township Police Sgt. Mark White said Dingler was traveling with Jared R. Bell, 22, of Waynesville. White said the cause of the accident is still under investigation, although "speed likely was a factor." Also it is unknown who was driving the vehicle because both men were ejected from the car.

Dingler's obituary on the Charles O'Shea Funeral Home Web site said he graduated from Kellenberg Memorial High School in 2006 and he leaves behind a large family. A funeral service was held on March 16.

Senior Nick Petro and Dingler both went to the same high school and had began their freshman year at Sacred Heart together. Even after Dingler left the university, the two remained friends.

"T.J. was always smiling. He always knew how to make us laugh and never took himself too seriously," said Petro. "This will sound cheesy, but he lit up the room with his humor."

Journalist death toll record high

Rob Coloney
Staff Reporter

In the 2002 film, "We Were Soldiers," a journalist joins the United States forces during the Vietnam War to take photographs for American newspapers. Shortly after his arrival, he is handed a gun. After telling his commanding officer he is not a soldier, the officer responded, "You are now."

While journalists don't carry guns, today, more than ever, they are risking their lives to report a story.

A record number of 110 journalists were killed in 2009, Associated Press (AP) reported.

According to a New York Times article, at least "51 were murders." The drastically increased death toll among journalists is the most in over a decade, according to the AP.

In an interview with AP, Anthony Mills, the review's managing editor said, "When it comes to the deliberate murder of journalists because of their work we are still mired in an age of barbarity."

As to why journalists might be a target, professor Kathleen O'Gara, a professor in the political science department said, "the role of the press is really to be a liaison between the government and the people. They report on the discontent (or occasionally the content) of the people and in turn they inform the people what their government is up to."

The risk of journalism is seen as a greater risk outside the United States.

"In other nations, however, the role of the press is even more crucial," said O'Gara. "How would the world know about certain events if it were not for journalists who risk their lives for the story?"

That risk cost 55 journalists their lives in Asia, 28 in Latin America, six in the Middle East and seven in Europe this past year, AP said.

"It's definitely scary," said sophomore Tom O'Hanlon. "These types of stories are exactly what prevent people from wanting to go out and do their job to the best of their ability."

Pressure has since been put on the United Nations to take a stand against countries terrorizing journalists. Ban Ki-moon, the United Nations secretary general has heard most of this pressure – often from Robert Mahoney, the deputy director of the Committee to Protect Journalists.

"I would like the secretary general to make a more assertive and firm stand in defense of freedom of expression," Mahoney said to the New York Times. "He can make a very firm and, I think, helpful statement by constantly bringing the issue of freedom of expression to the fore."

"The risk involved is well known by all who enter the profession and anyone can turn down a story or refuse to meet with a possible informant if they think it is too dangerous to do so," said O'Gara.

Risk is all part of the job, according to Dr. Gary Rose, professor and chair of the political science department: "Danger is part of being a war correspondent. It's a matter of choice how one wants to make a living. Although it's tragic when a journalist loses his or her life, or is held prisoner, I'm afraid there isn't much that can be done to prevent this."

"Sheltering and shielding journalists from harm would do very little for a free press or informative reporting," said Rose.

Sophomore Emmett Manning agreed.

"It's impossible to expect to not put yourself in harm's way when reporting on a war," said Manning. "There is no way around the danger, but it comes with the territory. You get to deliver the story."

In the end, delivering that story is the ultimate goal. "The rewards of shining a light on a dark, repressive regime is pretty priceless," said O'Gara.

President donates \$1.4 million to worthy causes

Kaitlin O'Reilly
Contributing Writer

Controversy erupted in October of 2009 when President Barack Obama was awarded the Nobel Peace prize. While his presidency had just begun, some people questioned whether he was worthy of such an honor. However, there is no dispute arising over whether or not the organizations that will be receiving the funds from Obama's accolade deserve the aid.

The White House released, on Thursday March 11, the names of the organizations to which President Obama will be dispersing his prize funds of \$1.4 million.

"Obama is giving a total of \$750,000 to six groups that help kids go to college. Fisher House, which provides housing for families with loved ones at Veterans Administration hospitals, will receive \$250,000. And the Clinton-Bush Haiti Fund, for which two former presidents are raising money to rebuild earthquake-ravaged Haiti, will receive \$200,000," said the Associated Press.

Strategically chosen by the president in an effort to aid the current dilemma that surrounds financing college tuition in our country, the president declared donations would be sent to: College Summit "which is a national nonprofit that works with elementary and middle school students to boost college enrollment rates," the Pose Foundation "which gives full college scholarships to public school students who might be overlooked by traditional scholarship programs," the United Negro College Fund, the American Indian College Fund, the Appalachian Leadership and Education Foundation, and the Hispanic Scholarship Fund.

In addition, the president will be donating money to "AfriCare, which funds HIV/AIDS programs, public health programs, water resource development and agriculture in 25 countries in sub-Saharan Africa. As well as the Central Asia Institute, "promoting education for girls in Pak-

istan and Afghanistan," according to AP.

The White House posted the president's decision on their Web site along with a brief statement from Obama saying, "These organizations do extraordinary work in the United States and abroad helping students, veterans and countless others in need. I'm proud to support their work."

The Norwegian Nobel Committee granted Obama the Nobel Peace Prize in 2009 "for his extraordinary efforts to strengthen international diplomacy and cooperation between peoples."

"Only very rarely has a person to the same extent as Obama captured the world's attention and given its people hope for a better future. His diplomacy is founded in the concept that those who are to lead the world must do so on the basis of values and attitudes that are shared by the majority of the world's population," said Thorbjørn Jagland, the chairman of the Norwegian Nobel Committee and a former prime minister of Norway, in a press release last October.

"For 108 years, the Norwegian Nobel Committee has sought to stimulate precisely that international policy and those attitudes for which Obama is now the world's leading spokesman. The Committee endorses Obama's appeal that "Now is the time for all of us to take our share of responsibility for a global response to global challenges," said Jagland.

However, with Past Nobel Peace Prize Laureates such as Nelson Mandela, The 14th Dalai Lama, and Mother Teresa,

People were left wondering whether or not Obama's achievement was sufficient.

"Republicans contended that Mr. Obama had won more for his star power and oratorical skills than for his actual achievements, and even some Democrats privately questioned whether he deserved the award. Mr. Obama, himself, maintained that he did 'not feel that he deserved to be in the company of so many of the transformative figures who have been honored by this prize,'" said the New York Times in a

report on March 12.

The president had stated that he would use the honor as incentive to continue to increase international communication and negotiations throughout his presidency. He also said he would use the money to benefit organizations and he has rightfully done.

"Obama had said he viewed the decision less as a recognition of his own accomplishments and more as "a call to action," said CNN after a press conference upon the president's acceptance of the award.

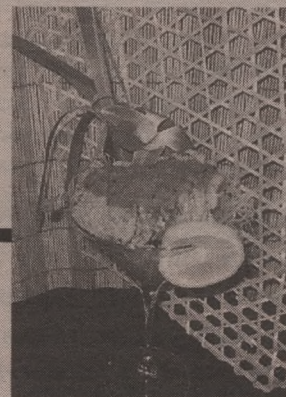
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Divided party hinders health care decision *Democrats experience issues with health care bill*

Michele Tymann
Staff Reporter

While the GOP stands united in their opposition of the health care bill, the Democrats are experiencing a rift within their own party over the policies covered by the bill.

"In addition to the Republican challenges in Congress, President Obama and the Democratic congressional leadership has to convince 'blue dog Democrats' to support reform," said professor Gary Rose, chair of the department of government and politics.

Members of the Blue Dog Coalition are more centered Democrats who have some problems with President Barack Obama's health care bill. Representative Dennis Cardoza, Democrat of California, is skeptical because the bill lacks "anti-abortion language" and he doesn't think the bill cuts cost enough, according to the New York Times.

"It is likely that many 'blue dogs,' particularly those in swing congressional districts, will be less likely to support health care reform," said Rose. "Thus, the divide within the Democratic Party itself poses yet another challenge for the president."

Obama's goals with the health care bill includes extending coverage to millions of Americans who lack it, and banning industry practices such as deny coverage to those Americans with pre-existing conditions, according to the Associated Press (AP).

The central disagreements of the bill revolve around the issue of what will be involved in the bill, including abortion coverage and the impact on private insurance companies, as well as how it will get passed.

"In the House there are pro-life Democrats who say that they will not pass a bill that does not keep the current language on abortion," said senior Chip Clark. "More specifically that the federal government cannot pay for it."

The issue of abortion and what will be covered in this new health care bill is just one of many important aspects to the passing of this plan.

"The main disagreement about health care at the moment is not when it will get passed but how," said junior Anthony Mazza. "Majority leader Reid is trying to obtain a public plan in the legislation which is turning off both parties and the independents."

Senate Majority leader Harry Reid holds to the idea that Democrats have the right to pass their health care bill through Congress without the support of the Republicans, according to the AP.

Another issue the Democrats face is the upcoming November elections and whether their positions in Congress are secure. Many Democrats are holding back on their votes, afraid of what it will do to their careers if they vote yes on the health care bill.

House Speaker Nancy Pelosi asked other House members to support this overhaul of the United States health care even if supporting it threatens their political careers, according to the AP.

With these upcoming elections, time is becoming a bigger issue. Pelosi, Obama and Senate Democratic leaders hope to pass a bill under "budget reconciliation" rules. This would prevent Republican filibusters in the Senate.

The reconciliation bill that Obama wants Congress to use would be limited to requirements that directly affect spending and taxes. This means it would be difficult to include any language about abortion and other desirable issues, according to the AP.

The history of the reconciliation process brings up the fact that over the past 30 years, the Republican Party has been more likely to send a reconciliation bill to the president.

Though Republicans protest that use of a reconciliation bill was not meant for enacting sweeping new programs, a Republican-controlled Senate passed 16 of the past 22 reconciliation bills sent to the president, according to the AP.

It is likely that the president is doing what he can to secure the votes of the skeptical Democrats, so the Democratic Party can unite against the Republicans.

"I would suspect the Democrats who are abandoning the president on this issue are being offered a number of amenities to secure their support," said Rose. "These include campaign assistance from the national party headquarters, appointments and federal services to their districts."

This isn't the first time a president would try to secure votes through political compromises.

"These are traditional ways in which presidents secure the support of members of their own party who are



AP Photo

Obama speaks about health care reform at Arcadia University in Pa on March 8th.

on the fence or opposed to the president's initiatives," said Rose. "President Lyndon Johnson was the master at doing this. President Obama needs to follow LBJ's playbook."

Even if a bill is passed, the issue if health care isn't likely to subside anytime soon.

"Both sides are trying to unite for the passage of the bill to help America's health care system," said Mazza. "However, they know as soon as it passes there is no going back."

YALE WEB SITE BREWS CONTROVERSY

Rob Coloney
Staff Reporter

Would you send a global email to the entire school, faculty included, asking for responses ranking the attractiveness of incoming freshmen girls?

Some students at Yale University did – and Yale has responded.

According to Yale's Daily News, the Dean's Office at Yale University recently announced the launching of a Web site ("sex@Yale") that will allow students to document and share their sexual experiences and impressions at Yale University, in short 500-1,000 word essays.

"The Dean's Office wants it to be from the students, for the students and by the students," said Yale senior Laura Gottesdiener in an interview with Yale's newspaper.

"Safe sex should be stressed and practiced. Abstinence should be key above all things, however students who have sex should be provided with services and teachings that will offer them a safer way to go about their activities."

- Sophomore Meghan Reilly

The decision was based on administration and experts in gender studies' suggestions to open up the university's sexual culture. The "sex@Yale" campaign is Yale's specific response to the issue. The university hopes it will be a positive experience that will allow students to learn from one another, rather than contribute to more problematic sexual discussions.

"Yale is being proactive here," said Sacred Heart sophomore Chris Gallagher when hearing about Yale's decision. "By diffusing an issue and making it something interesting and accessible on campus, they are offering a solution."

Sex on Catholic universities around the country has been a rising issue as of late. As for Sacred Heart's policies, sexual activity is a hot topic around the hallways.

"I feel that sex is inappropriately handled on campus. Regardless of our religious affiliation, they should provide services to students who are engaging in sex," said sophomore Meghan Reilly.

The services Reilly refers to are the lack of contraceptive available in the campus health center, and bookstore.

"Safe sex should be stressed and practiced. Abstinence should be key above all things, however students who have sex should be provided with services and teachings that will offer them a safer way to go about their activities," said Reilly.

However, Professor Joseph Mudd said Sacred Heart would adhere to the Catholic tradition if faced with a situation similar to Yale's.

"The Catholic tradition understands human sexuality in terms of the dignity of the person," said professor Joseph Mudd, of the religious studies department. "The scandal that prompted the initiative at Yale was an assault on the dignity of young women who were reduced to objects for consumption by their peers. Perhaps all universities should be talking about the inherent dignity of human beings more often."

At Sacred Heart, some students believe in keeping personal encounters personal.

"It's not right or acceptable for a university to allow students to anonymously write about sexual encounters," said sophomore Courtney Fagan. "The fact that Yale made it clear that sexual educational will not be discussed on their Web site proves how unnecessary this whole thing is."

Some students may disagree with Sacred Heart's policy on condoms on campus, but those students may also agree with the quiet nature of discussing sexual activity on campus, too.

"Sure, there are issues regarding sex on campus. Exploiting sexual activity, though, is definitely not the answer," said Gallagher. "Ranking girls, or not, Yale never should have done this."

While Yale's initiative is sparking thought and followers on their campus (over 100 contributors to date, according to the article), some Sacred Heart students and faculty alike are happy with the way things are.

"Publishing a survey online and allowing students to post stories about 'sex@SHU,' would negatively affect Sacred Heart's campus," said Mudd. "Creating a university-managed page that will air people's laundry, dirty or otherwise, simply embraces the exhibitionism of our age which is a hallmark of our disregard for human dignity."

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Staying connected: What do you know about your public education system?

Courtney Perlee
Chief Copy Editor



While spring break found me lying on a couch watching morning talk shows and moaning about my knee post-surgery, Tuesday night rolled around and I needed to get out of the house. I grabbed my crutches, called my friend to pick me up, and we ventured out to celebrate another friend's birthday.

Now that we're all grown up, graduating, and finding jobs, bar talk has changed from talking about the latest hook-ups to politics (apparently). I walked into a conversation about the "National Day of Action to Defend Education."

After seeing Facebook posts about this event all week, I finally asked what it was all about. Students were staging rallies across the country to protest budget cuts, faculty layoffs, privatization, and tuition increases among other things, and I had heard nothing about it. My friend had been staging marches and sit-ins, holding meetings, and gathering students to help the cause.

Granted, I had been living off of my couch for a week watching the Sports Center on loop waiting patiently for my next dose of pain killers. But when I asked friends at Sacred Heart what they

knew about these protests, they gave me the same blank stare I probably gave my friend.

For a little bit of background information, the Associated Press (AP) said, "hundreds of thousands of students, teachers, parents and school employees were expected to participate in the nationwide demonstrations." They were fighting the tuition hikes, layoffs, and budget cuts caused by the flailing economy in an attempt to get through to administration and their respective state governments.

Among the "dozens" of campuses hit with demonstrations featured in the AP article were University of California, Santa Cruz and Berkeley, University of Wisconsin-Milwaukee, and University of Texas at Austin. Facebook videos featured State University of New York (SUNY) and City University of New York (CUNY) students staging sit-ins and walk-outs.

Now my friend is a bona fide activist. No offense to him (he'll probably be proud) but it feels like he's been fighting "the man" since I met him freshman year of high school. Naturally, I viewed his cause with a little bit of skepticism.

And, as a student at a private school, I'd honestly never thought about the effects of privatizing public higher education. Like many students here at Sacred Heart, I consider myself blessed enough to have received scholarships that deferred the

majority of the cost of my private education. My family and I are able to cover the rest. Many of my friends attending state schools are paying with their own money and taking out loans.

Even as students attending a private institution, anybody who had a job on the books this year is currently filing their state and federal taxes. Your money is being used by the state—and some of it goes toward public education. Are we comfortable knowing that many public education systems have lost enough money from their state budgets that tuition has become essentially unaffordable?

I won't get into the heavy politics of privatizing public education, because I really don't know enough about it. If you want to, take it up with my friend. I'll give you his Facebook; he loves a good debate.

But one thing I did take from this (besides the importance of keeping up with current events to avoid awkward silences when hanging with your friends, who knew?) stems from the end of the conversation with my friend.

"You know I've experienced decent tuition hikes every year at Sacred Heart? Why should public school be any different?" I asked, taking a little pleasure in being a devil's advocate.

"It shouldn't. We're just the ones who decided to do something about it."

SPECTRUM

spectrum@sacredheart.edu

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Prof. Joanne Kabak

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The Spectrum
5151 Park Avenue
Fairfield, CT 06825

Office Phone 203-371-7963
Advertising Line 203-371-7828
Fax Line 203-371-7828

EDITOR'S CHOICE

Favorite photos taken by your Spectrum staff



Zack Lane
Photography Editor

This is a smaller walkway next to the boardwalk at Jones Beach State Park. I really like the open view of the park in this picture.

Cars make SHU's mobility easier and parking harder

Serena Cecere
Staff Reporter

Students are finding that getting around at school may seem like a hassle – should you bring your car or just leave it home? Both options seem to have their ups and downs.

For those who don't have a car on campus, Sacred Heart University provides a shuttle service, which has routes going to the mall, grocery store, train station, and off-campus classes and housing, to name a few.

Some students at Sacred Heart prefer to take the shuttle but when it comes down to it, others find them less than convenient.

"I would rather have my car on campus," said senior Alan Macedonio. "It is inconvenient not to have one. Having a car helps me to stay on campus longer and get more things done during the day instead of planning my day around the shuttle's schedule."

There are others though, like senior Paul Brezovsky who would rather get exercise by walking to class from their off-campus housing.

"I prefer walking to campus," he said. "It's obviously inconvenient when the weather is bad, but other than that it is good exercise and I love not having to worry about parking."

Parking has always been a pressing issue with Sacred Heart students. There are either not enough places to park, or too many people are driving to campus. Many students agree that something needs to be done about it.

According to Eileen Mossa of Student Accounts, there were



The Spectrum/Jackie Kennedy

North parking lot has faced heat for its ordinarily full capacity.

951 commuter decals given out and 569 decals for residents.

This leaves the question open: why are so many decals being given out when there are so few spaces?

Macedonio notes that the spaces are tight as is.

Cars are constantly getting their side view mirrors swiped or their cars backed-up into. Students have even resorted to parking along side the curbs of the parking lots, which creates a huge risk for their vehicle and the other vehicles that drive by.

"I think that [the school] should use some money for a parking garage so every student has a place to park," said senior Chris Rivera.

Brezovsky agrees that something needs to be done.

"They should have public

safety patrol better and make sure everyone is parked in the proper area after a certain time of night, as well as give out less parking decals," he said.

Students agree that aside from the issue of parking, having a car does make it easier to get around to off campus places.

"I wish I had a car," said Carroll. "I would be able to go to Stop & Shop and get everything done that I need without having to work around the shuttle's time. They are never on time anyway and it completely inconveniences my day."

Rivera, having just gotten a car on campus after not having one for three years, is greatly enjoying the luxury of being able to travel on his own schedule.

"Now that I have my own car, I never have to worry about that,"

ST. PATRICK'S DAY, CELEBRATED BY ALL

Lacey Gilleran
Contributing Writer

St. Patrick's Day swept through Sacred Heart University, gathering all ethnicities together to celebrate the luckiest day of the year. From all-ages parties to parades to 21 and over bars, the holiday was enjoyed by many.

Not sure how to celebrate next year? Students shared their 2010 St. Patrick's Day festivities, so take from them and plan for 2011. Here's everything you need to know about the best spots to celebrate the luckiest day of the year.

First of all, if you are under 21 you will not celebrate the day the same way as those of your 21+ peers. However, some students find that there are several just as fun traditions that do not involve alcohol.

Freshman Ashley Monplaisir celebrates her St. Patrick's Day at home with her family.

"My mom always makes soda bread on St. Patrick's Day," said Monplaisir. "It's an Irish bread that's usually served with corn beef and cabbage. Every year there is also a dime that is cooked into the bottom of the pain and whoever is served the piece with the dime will have good luck."

Now, if staying at home is not the choice for you, perhaps you can go to a parade. There are many parades in the surrounding area to recognize this holiday.

Senior Pete Gonsiorowski is a Sacred Heart student who wants to go to the parade in New York City one year to celebrate the holiday.

"I've never been to the parade in NYC, but it seems like it would be a lot of fun," said Gonsiorowski.

Sophomore Steve Zanzonico agrees that parade in New York would be a great way to celebrate the holiday.

Is NYC too far? Don't worry, there are plenty of local Connecticut parades to attend. One big parade is the St. Patrick's Day parade of the Greater New Haven area. It takes place in Downtown New Haven. For more information on this parade, you can check out the Web site at www.saintpatricksdaysparade.org.

Are you 21? Well, there are more than enough events for you to down all the green beer you want.

This year, there were many local bars hosting St. Patrick's Day events in places such as Fairfield, South Norwalk, and

Stamford. If you are looking for a more of a genuinely Irish feel, then check out Ray Kelly's on the Post Road in Bridgeport.

Looking to stay close to school? Well, lucky for you there was plenty to do on campus throughout the week, and more to come next year.

"Tuesday and yesterday there were events, and there will

be events tonight and tomorrow," said senior and Outpost Area Manager Beth Bassett. "They are all St. Patty's themed, and we will serve all our Irish beers and even green beer."

-Steve Zanzonico

These events included an Irish themed

Senior pub night on Tuesday, March 16 at 9:30 p.m. Look for global e-mails next year for the specific dates and events on campus.

Zanzonico notes that most people do find some way fun way to celebrate the holiday, no matter their ethnicity.

"I'm partially Irish, but on March 17, I consider myself 100 percent Irish," he said.

"Everyone should do something, whether it's listening to an Irish band, wearing green, or going to see a parade. On St. Patrick's Day, everyone's Irish, at least for the day."

ShuVoices

Jaclyn Kennedy
Assistant Photography Editor

What is your favorite part about spring at SHU?



Steven Fabrizio
Freshman

"Sitting on the grass doing homework"



Katie Zebedeo
Junior

"Playing Frisbee"



Kaitlyn Mennone
Sophomore

"Relay for Life"



Keith Rowe
Senior

"Track"

Didn't celebrate the holiday on Wednesday? Don't worry, there are still events for you this weekend!

(As taken from visitusa.com, ctnow.com, murphguide.com)

On Campus

What: Celtic Kick
When: Friday, March 19 at 8:00 p.m.
Where: SHU Outpost

>1 Hour Off Campus

What: Riverdance
When: Friday, March 19 at 8:00 p.m.
Where: Radio City Music Hall, Manhattan, N.Y.

What: Mystic Irish Parade
When: Sunday, March 21 at 1.00 p.m.
Where: Mystic, Conn.

(21 AND OVER!)

What: Big Arse Kegs & Eggs Breakfast
When: Saturday, March 20
Where: The Half Door in Hartford, Conn.



The Spectrum/Zack Lane

Junior Matt Vereb from Allentown, NJ swaps his resume in exchange for information about a Hertz Corporation internship from a representative of the company.

SHU students make transition into professional world

Sam Dowd
Staff Reporter

As midterm season approaches on campus, the “G-word” is ever present on the minds of seniors.

Graduation.

Some students don’t want to leave their college years behind, but others can’t wait to get out into the professional world.

What is that transition like?

“Culture shock,” said Trish Klauser, executive director of career development, of her own transition from college to the professional world. Klauser now works with students to help them have a more successful shift from student to employee.

Klauser admits she did not prepare well enough for her own transition.

Students can create their own schedule, they can move classes around to fit their needs, and they can join clubs or organizations according to the time commitment and schedule that they know they can handle.

In the professional world, an employee’s schedule is dictated by their employer, and for many the luxury of choosing an employer based on your own flexibility is unlikely.

This transition is not only limited to the professional world. Many students go into a graduate degree program which can be just as much of a change from the comforts of college.

“It’s a different world when you’re in grad school. I’m still a student, but grad school is different because I’m student teaching during the day and taking classes at night,” said Lauren Corso, graduate student in the education program.

“I was nervous to see what the experience would be like—how grad school would be different from undergrad. The transition took a little getting used to, but now I enjoy it,” she said.

Kaitlin Mulqueen, another graduate student in the education program, had similar thoughts.

“I love the responsibility of grad school. As an undergrad, I was only responsible for my own studies, but in grad school

I am able to interact with my students at the school. More importantly, I feel like grad school is preparing me well for my career in education.”

Senior Nora O’Brien is preparing herself now for life after graduation.

“I guess [my preparation] is a little rocky. Everybody always says your years in college are the best years of your life and while I’ll still be in school, I know grad school won’t be quite the same. I try to see it in a different light and choose to not believe that the rest of my life after college will only go downhill or won’t have the potential to be the best years.”

The idea of professionalism for O’Brien is a challenge which she sees as just another step along the way towards adulthood.

“The letting go of the college years is definitely the hardest part of the transition,” said O’Brien.

His advice for those who are struggling to keep up with the stress of knowing that the professional world is on the horizon? One word: relax.

“I’ve found that stressing out doesn’t really get you anywhere except more stressed and nervous. It is a big transition and I think it’s important to not lose your last semester to the stress and you need to remember that it’s still OK to enjoy yourself,” she said. “As long as you keep up on what needs to be done and give yourself plenty of time to adjust, everything should be okay.”

For Klauser, looking back at her transition from college to the working world, she said she would have benefitted from more internships and more experience working out in the field.

This is something that Corso feels made her grow as a professional.

“When I began student teaching, I realized just how much my internship in the school helped. And now I realize that the student teaching I’m doing is preparing me well for having my own classroom one day,” said Corso.

To all seniors dreading May 16, Klauser has closing words of comfort: “Set goals and remember that success is made up of failure.”

HE SAID/SHE SAID

What are your standards for the opposite sex?

Alex Atkinson
He said



I can see it now: I am 13 years old, my eyes are glued to the tube, and all of a sudden she appears. She has those long, tan legs that stretch up forever, connecting to a slender body wrapped in a tight, revealing, red swimsuit, and of course she is running in slow motion along the beach as the camera slowly crawls up her body.

With her long brown hair and that cute little nose, who wouldn’t fall in love with Yasmine Bleeth?

Obviously my fantasy of that dream girl is still fresh in my head but that probably doesn’t tell you anything about my standards now.

After recently finishing Andy Warhol’s autobiography, one line sticks with me: “I don’t know where the artificial stops and the real starts.” I remember this line so well because you are the only person who can really tell the truth about yourself. As people get to know you though, they have to figure out for themselves what is actually true and what is a lie.

This is so important because for me, honesty is one of the biggest things to find in a girl. Nowadays, technology can connect you to any person at any moment but really, I could care less if I saw or talked to my girlfriend everyday. Having a life of your own and not living and breathing for your significant other is what makes real romance work anyway. So to be able to be honest and to trust her is a big thing. And the same applies for her. As long as she trusts me, there is no reason for me to be dishonest with her.

Usually, at this point I would come up with some witty remark blocking any true feelings to come out but unfortunately I can’t think of one at this time. So I guess I will have to go ahead and talk about the next thing I look for.

Although I do not like to sound shallow I will have to say she has to weigh a significant amount less than I do and preferably be shorter than I am as well—although it’s not a huge deal to me. I am a short, somewhat overweight kid. What can I say? I like someone small who doesn’t make me feel so small in stature.

More importantly, the best kind of girl for me would not be a “girly girl.” I like someone who likes to go outside and get dirty but also likes to go get dressed up and go out to the bars. She shouldn’t be materialistic though; she just needs to be genuine.

I can sit here and ramble all day long about what I look for in a girl but it’s useless. For someone to have standards they have to be ready to commit. They need to be ready to settle down and start something important.

As a journalist, right now I can say that I have no intentions of relaxing and making something out of nothing. I will continue to take things as they come but I will also always have the idea in my head that I am not going to be in the same spot for long and know that it’s not worth thinking about.

Really, to worry about standards is not important anyway because in life you never know what to expect.

Adrian Fitzsimon
She said



Growing up, I never asked for much. All I wanted was a boy with the physique of an ancient Roman warrior, eyes as gentle and pure as foaming liquid hand soap, a smile so charming you could float away on a cloud, just stubble enough to make him the star of a Levi jeans commercial, hair so clean you wouldn’t mind if a strand was tossed in your salad, a sense of humor that can make even a British Redcoat crack a smile, and the heart of Mother Teresa in the body of a gladiator.

That was it, nothing else. Too much to ask for? Apparently, because I never got it.

I think it was somewhere around the eighth grade when I decided that boys didn’t actually have cooties. I know, it came as a shock to me too. But when I finally had this epiphany, I started my mission. I was on a hunt for a textbook male. I was determined to have the hottest, most coveted boyfriend in all the land.

But then, I discovered the horrible truth: the man of my dreams didn’t exist. One time, I thought I found him. I felt so relieved and happy that I had finally succeeded in my quest. He was tall, tan and tempting, but then he opened his mouth and it was the biggest let down since “Year One” hit theaters. And then this kept happening to me. Each guy almost fit the part, but there was always something missing.

So, after many years of searching high and low, east and west, inside and out, I gave up. I stopped looking. I stopped trying. I stopped caring. There really wasn’t anyone capable of matching my high profile.

But ladies, let me share a little secret with you. There comes a time when height and eye color don’t matter so much. In the end, all you want is someone that can make you laugh, someone that will spin you around and dip you on the dance floor, someone that would rather push you on the swings at the beach than play League of Legends with his friend. He’ll offer you a foot massage and rub your back when you’re not feeling well. He’ll tell you you’re beautiful, and that you have awesome hair. He may have a prematurely receding hairline and appear to never have done a bench press in his life, but he makes you smile. And sometimes, knowing he’s the reason you’re a better person, a happier person, is all that matters. If he just so happens to resemble Matthew McConaughey then so be it.

I’m not implying that your standards eventually get flushed down the dumper, but you will be surprised when you find yourself falling head over heels for the kind of guy your mom would set you up with. And you’ll be even more surprised when you realize how perfectly content you actually are. Physical features that used to be important turn into added bonuses, and those that used to be bonuses are now suddenly your main concerns. A Roman warrior may have seemed ideal at one time, but now, as long as he has a job and is a Red Sox fan, then he’s OK with me.

GET REEL: MOVIE REVIEW

'Alice in Wonderland' a 'colorful' trip down the rabbit hole

Mike Frank

Contributing Writer

It seemed that everyone and their mother was excited to see the new Alice in Wonderland, yet another classic fairy tale turned visual masterpiece by director Tim Burton. By now, seeing Johnny Depp play a completely insane character is nothing new, but it definitely sweetened the pot.

However, after less than savory reviews from a few critics, some, including myself, were put off of the seemingly trippy-er remake.

Thirteen years after cartoon Alice first fell down the rabbit hole, she is convinced that the entire movie is just another one of her eccentric dreams.

Within no time, Alice, played by newcomer Mia Wasikowska, runs into old friends: the anxiety-ridden white rabbit, the near-moronic Tweedledee and Tweedledum, and the hookah-happy caterpillar.

Despite their reunion, Alice cannot remember any of her old friends, even the more celebrated ones such as the Cheshire cat and the Mat Hatter (Depp). The story continues with Alice traveling around Wonderland in hope of fulfilling her destiny and freeing the land from the reign of the Red Queen (Helena Bonham Carter).

For me, the most enjoyable part was watching each individual character do their own thing. While Wasikowska, the lead, is a "rookie" in the film business, she was able to portray the role of Alice quite nicely, and more importantly, was able to keep up with the juggernauts in the film.

Carter played the big-headed tyrant (not a metaphor) with a certain 'charm' that made her a classic Disney villain. Furthermore, the animated characters were voiced appropriately, from Alan Rickman as the Caterpillar to Christopher Lee as the ominous Jabberwocky.

Lastly, there's Depp. Coming off his somber role as John Dillinger in Public Enemies, Depp returns to what he does best: acting crazy. In playing the Hatter, he seems to have total discretion to do whatever he wants with the character and it will work. Scottish accent? Sure. Break-dancing? Why Not? In short, Depp's natural eccentricity makes the character work.

While most of the individual characters were cast decently, the quality of the movie did not live up to the hype. I will agree, Burton does make the movie visually appealing (and I wasn't even inebriated when I saw the film). However, the pacing and plot of the film just seemed a little off.

Nonetheless, overall it was an enjoyable movie and I recommend seeing it.



AP Photo

Get Reel gives Alice in Wonderland



'Don't wanna be an American Idiot'

Green Day's hit album-gone-musical to premiere on Broadway next month

Kristi Troccoli

Staff Reporter

Broadway lovers and Green Day fans alike will make their way to the St. James Theater in New York City on April 20.

The musical "American Idiot," named for Green Day's 2004 hit album, made its acclaimed world premiere last year at the Berkeley Repertory Theatre in Berkeley, Calif. and has now made it to Broadway.

According to the Los Angeles Times, the musical has broken all of the 41-year-old box office records of the Berkeley Repertory Theater. The musical now holds the theater's records for top gross, biggest advance sale, and biggest single-day box office receipts.

"Due to popular demand, its initial five-week run was doubled, with the show closing Nov. 15, 10 weeks after its debut," said Spin Magazine Web site. The musical received positive reviews after its premiere in California.

"The show possesses a stimulating energy and a vision of wasted youth that holds us in its grip," said the New York Times.

Students at Sacred Heart University have become interested in the musical through Green Day's hits over the years.

"I hadn't heard about the musical until I saw a preview of it during the Grammy Awards," said junior Kaitlyn Harrington, referring to when Green Day, accompanied by the cast of the Broadway show, performed their song "21 Guns."

Some students have said that their Grammy performance was a great way to introduce the musical to those who were unfamiliar with it on the East Coast.

"I thought their performance was great," said Adrianna Bianco. "It gave the audience a taste of what is to come in the Broadway show."

According to the musical's Web site, "American Idiot" is based on the 2004 Grammy Award winning album of the same name. It features the music of Green Day and the lyrics of the band's lead singer Billie Joe Armstrong.

The show includes all of the songs from the "American Idiot" album as well as additional songs from the band's newest album, "21st Century Breakdown."

"American Idiot" follows working-class characters from the suburbs, to the city, to the Middle East as they seek redemption in a world filled with frustration," according to Broadway.com.

The band told MTV that they are "beyond satisfied" with the results of the show.

Students, too, seem pleased with the idea of modern music coming together with Broadway.

"I don't really enjoy watching Broadway shows or musicals, however one with modern music in it, such as the band Green Day, seems like it would be cool to watch," said sophomore John Lamorte.

Tickets for "American Idiot" are now available for purchase.

'The Marriage Ref' a hit with viewers, a flop with critics

Jaclyn Hendricks

Staff Reporter

"To keep the stuffed family dog or to ditch the stuffed family dog?" A question majority of married couples in America ponder on a daily basis, right?

Well, if you tuned into the half-hour preview of "The Marriage Ref," on NBC on Feb. 28, that question was finally answered. Majority ruled and it was best to dispose of the pooch. The show officially premiered on the Peacock Network on March 4 at 10 p.m., televising marital spats, resolving the issues at hand, and selecting a "winner," thanks in part to a celebrity panel of "experts."

"The show was way better than I expected," said junior Megan Kalus. "I didn't know how the set up of the show was going to be, with the celebrity guests and real-life couples interacting, but the stories and situations were very funny."

From executive producer Jerry Seinfeld, the highly anticipated show serves a much greater purpose in TV-land as opposed to just filling up post-Olympic airtime.

According to the New York Daily News, NBC is replacing "The Jay Leno Show" at 10 p.m. with the lineup of Seinfeld's new reality comedy series, "Law & Order," and freshman drama series "Parenthood."

A sneak peek of "The Marriage Ref" last month featured two couples, one battling over the "remains" of their beloved dog Fonzy (now mounted), while the other debated whether or not to have a stripper pole in their home. Hosted by comedian Tom Papa, each couple presented his and



AP Photo

Producer Jerry Seinfeld and host Tom Papa discuss their new series on The Today Show on March 4.

her side of the argument, then a celebrity panel including Alec Baldwin, Kelly Ripa, and executive producer Jerry Seinfeld decided on a victor.

Both husbands were in favor of either keeping the dead dog or installing a "toy" in the household, though both wives were firmly against it. After each spouse presented their case, the "marriage refs" ruled in favor of the wives, putting the ladies ahead of the men, two to zip.

"I agreed with the panel," said junior Kelsey Shine. "The situations were so outrageous I couldn't imagine the husbands actually winning."

Although the show offered crazy couple debates and

snarky comedic jabs, courtesy of the commentary by seasoned comedian Seinfeld, as well as the quirky remarks from Baldwin and Ripa, critics found the show to be anything but funny.

James Poniewozik of Time Magazine called "The Marriage Ref" "the most awful-mishmash of a comedy-variety show to lead into the local news."

Other critics seemed to agree.

Alan Sepinwall of the New Jersey newspaper The Star Ledger, found "Sitting through 30 minutes of the show to be excruciating, with celebrities being smug, mocking ordinary couples with arguments so ridiculously one-sided that they would seem justified for picking the wrong side."

Despite what critics have said, audiences seemed to disagree. According to Nielsen ratings, "The Marriage Ref," debuted to 14.5 million viewers, following the closing ceremonies of the Winter Olympics. Even though a high number of Americans tuned into the new reality series, are Sacred Heart students willing to do the same?

"The celebrity panel and the stories, especially the couple fighting over the stuffed dog, kept me laughing," said Kalus. "After the show ended, I kept wanting more." Kalus isn't alone.

"Even though the topics were absolutely ridiculous, I really enjoyed the show," said Shine. "If it's on again I'll definitely be tuning in. I also loved all the celebrities that were on the show."

To catch the show and judge for yourself, tune in and watch "The Marriage Ref," airing Thursdays at 10 p.m. on NBC.

Video games take steps towards Hollywood

With advances in technology, movies spring from games, games begin to look more like movies

Alyssa Collier
Staff Reporter

Is small screen gaming beginning to look more like the big screen?

Video games are a source of fun and interaction for both the young and the young at heart. The technology and graphics used to create the games that keep many so enthralled seems to be advancing and changing rapidly.

However, as games continue to become more technologically advanced, some say they are taking on the look of another form of entertainment: movies.

As to whether or not people have noticed that more recent video games are starting to look and feel like movies, some students said that they see how the technology is changing.

"I can see the games becoming more realistic," said junior Lauren Merriam.

But when it comes to details such as graphics in a video game, many students said they were not that picky.

"I don't really have anything specific," said junior Al-lyson Colucco.

There are a number of things to consider when creating a video game with a more cinematic feel. According to the Game Rant Web site, delivering a storyline effectively is just as important as the gameplay itself. It leaves the gamer free to enjoy what is being presented to him or her, and even better, to be able to interact directly with actions on the screen, the Web site said.

Celebrities are also becoming part of the process of making video games more like movies by lending their



AP Photo

Movies such as Avatar have sprung from their original video game versions.

voices to these games' characters. According to the Cinematical Web site, the "Command and Conquer" games began employing a mixed bag of actors such as James Earl Jones in its 1999 game "Command and Conquer: Tiberian Sun."

The 2001 release of "Grand Theft Auto III" changed the game, with its roster of recognizable names and voices such as Joe Pantoliano, Michael Rapaport, Debi Mazar, and Kyle MacLachlan, said the Web site.

More recent video games are also getting a touch of star treatment. According to the VGChartz Web site, "Mass Effect 2," sequel to the original "Mass Effect" game, was released on Jan. 26, and contains an all-star cast including Martin Sheen, Seth Green, and Carrie-Ann Moss, and Tricia Helfer. Along with the game's star cast, the game's look and feel is one of a sci-fi adventure movie. The only difference is that the storyline is interactive.

While video games are becoming more cinematic on their own, the modern "movie experience," now seems to include the movie's video game. Many movies are being accompanied by a video game that comes out either before the film to create hype, or after to keep fans interested.

"I'd want to do it the other way, with the game first," said sophomore Joey Pruitt. A recent example of this was the "Avatar: The Game," which was released last December before the release of the film the same month, according to the Game Spy Web site. The video game used some of the same effects as the film and vice versa according to the Slash Film Web site.

James Cameron used some of the technology used for the game to create the film because he liked the design so much, according to the Web site.

While the technology behind video games continues to become more advanced, it seems the reason for playing remains the story world that gamers enter in to when they pick up their controllers.

"I like video games because they let you feel like you're a part of the story," said senior Kenny Maguire.

This article was also contributed to by Assistant A&E Editor, Emma Levine.

RAPPER COMES TO CT TO 'SHOW AND PROVE'

Emerging artist Wiz Khalifa to perform at hotspot Toad's Place in New Haven

Mike Oberlander
Staff Reporter

What do the songs "Better off Alone" by Alice DeeJay, "Poker Face" by Lady Gaga, and "Knock you Down" by Keri Hilson have in common? Not much, but with new rapper and hip-hop artist Wiz Khalifa on the rise, these once Top 40 hits have been remixed and made popular once again through Khalifa's music.

Twenty-two-year-old Jibril "Wiz Khalifa" Thomaz was born in Minot, N.D. but lives in Pittsburg, Pa. and has seemed to become something of an underground hip-hop sensation. According to WizKhalifa.org, since his debut album "Show and Prove" in 2006, Khalifa has become a premiere rapper and seems ready to become the next hip-hop icon. In his flight toward success, Khalifa has released six more mix tapes and a collaboration of mix tapes called "How Fly" with rapper and MC Curren\$y.

Khalifa has become well known for his remixes, beats, and especially for his lyrics throughout his early career.

"The best thing about him is his lyrics," said junior Will Kelleher. "He is a beast."

But as popular as Khalifa has become, there seems to be some opposition to his approach toward making music.

"He would be better if he had more of his own beats," said senior George Miatta. "He seems to do a lot of remixes."

Some, however, like Khalifa's music the way it is.

"It's a lot more pop rap music, stuff that would definitely be top 40 like music," said junior Lars Bengston.

Even with some skepticism from critics, it does not seem to slow down Khalifa. He continues to produce hit after hit, with such songs as "Say Yeah," "Make it Hot," and "Name on a Cloud," all of which are swarming the radio airwaves.

With his name becoming very familiar within the hip-hop community, Khalifa will be bringing his popular songs and remixes to New Haven. He will be performing at Toad's Place on March 31 to promote his brand new album "Deal or No Deal."

Toad's Place is a popular hot-spot for students at local colleges, such as Yale, Quinnipiac, and our own Sacred Heart.

"I've been there multiple times for a couple of different bands," said Miatta. "I have always had a good time."

It seems that Khalifa's hot new music should make it easy for him to bring a large crowd to the venue.

"His music may not be the best hip-hop music out there, but for parties or clubs it is something that will get a crowd going," said junior Joe Sauer. "I would love to go to his concert. Toad's is a great place, and it would be a great combination for a fun night."

Doors open at 8 p.m. and the show starts at 9 p.m. For more information on Khalifa, the venue, and the March 31 show, visit ToadsPlace.com

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A&E Editor
Therese O'Shea
osheat@sacredheart.edu

Asst. A&E Editor
Emma Levine
levinee@sacredheart.edu



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DIET PILLS RAISE MAJOR WEIGHT LOSS QUESTIONS

Ashley Monaco
Staff Reporter

It's 2 a.m. and that paper you're writing doesn't seem to be getting any longer. But one thing that is certainly growing is your hunger.

You scramble around praying to find something with the right combination of salty, sweet, and filling in hopes of slaying the growling beast inside of you.

That's when you hear it. Just as you pop open your bag of chocolate covered pretzels, the tantalizing voices of Kim and Khloe Kardashian are coming from your TV.

Unfortunately for you, it's not the drama filled episode of "Keeping Up With The Kardashians" you'd hoped for. Instead, it's an ad for their new Quick Trim diet supplement and suddenly you've lost your appetite.

Then you think to yourself, maybe it's not such a bad idea. After all, that freshman 15 has stuck around like a loyal friend for the past few years.

Is this how a student at Sacred Heart University would react?

"Diet pills are pointless," said junior Jess McDonnell. "I think people use them as crutches because they seem like a painless way to lose weight."

"Truthfully, I think they end up causing more problems than they help cure," she said.

Although some have never taken a supplement before, they could understand why others would.

"I've never even considered taking a diet pill," said senior Courtney Sommerer. "But with today's advertising tactics students are persuaded to use a product that celebrities endorse because they look up to them."

"If they see someone like Kim Kardashian, who is a beautiful woman, on TV holding a product implying that they can look like her if you use it, they will be more tempted to buy it," she said.

Some students think that most celebrity endorsements are simply false advertising.

"I doubt celebrities actually take these pills," said McDonnell. "They have the best chefs, nutritionists, and trainers that money can buy so why would they?"

"To them it's simply another business deal," she said.



AP Photo
Kim Kardashian looking extra fit at the news conference for the NASCAR Shelby American 400 auto race on Sunday Feb. 28.

Ironically enough, most of these stars selling these questionable enhancements aren't even using them.

Similarly, "In most cases, these celebrities aren't taking the supplements we see them advertise," said Sommerer.

"Khloe Kardashian prided herself in losing weight through hard work and dieting well before Quick Trim was released," she said.

Unlike other medications, diet pill ads do not list the risks that come with taking them. This can leave users in a fog about the potential danger they are putting themselves in.

"The danger of these pills has been overblown to a large extent," said Dr. Beau Greer, an assistant professor

in the exercise science department. "Far more people accidentally kill themselves with aspirin or other items generally considered 'safe' by consumers than by diet pills."

"That being said, stimulant-containing diet pills do not come without potential risks, including palpitations, cardiac arrhythmias, strokes, and even death," he said.

"However, the vast majority of people suffering major damage from diet pill usage were usually high risk individuals taking more than the recommended dosage."

Risks or not, some students believe there are much safer and healthier ways to lose weight.

"I don't understand why people can't simply diet and exercise," said McDonnell. "It's safer and less expensive than buying diet supplements. No one is going to charge you to go running on a public road."

"Unfortunately, we live in a time where convenience is key," she said.

"People would rather eat fast food and take diet pills because they require them to make no effort."

Others said that although they wouldn't advise use of the pills, necessary precautions should be taken before using them.

"I have never recommended someone take any brand of diet pills in a counseling setting, both for legal reasons and for the client's own safety," said Greer.

"At the very least, one should know their blood pressure before taking diet pills," he said.

"It's also worth noting that they don't show much effect long-term, most likely because people become tolerant of their drug-like effects."

Though some of the commercials might make these products seem beneficial and positive, one needs to understand that their only a form of advertisement. The mission of these companies is to sell you a product, doing whatever it takes to succeed in that goal.

"The Quick Trim ad, for example, is corny, poorly made, and makes the Kardashians appear phony," said Sommerer.

"If people were to buy that product because of the Kardashians, then they got wrapped up into it just like the company and producer of the commercial wanted them to," she said.

Slow your rolls Carb today, gone tomorrow Consume less calories by eating slower Are low-carb diets a fad of the past?

Brittany Foy
Staff Reporter

Summer is coming up fast. For many, this means warmer climates and skimpier clothing. This also means, diet season is in full swing to help students look their best in beach couture. A tip to keep in mind for the health-conscious – eating slowly does cut calories.

According to an article in the New York Times, eating less rapidly allows the body to release hormones making a person feel fuller faster. Because less is eaten, ultimately fewer calories are consumed.

Dr. Beau Greer, assistant professor and director of exercise science and nutrition, gives merit to the studies done on the speed of eating and caloric intake.

"Eating slowly has been shown to help most people reduce their caloric intake," said Greer. "People tend to take in up to 10 percent fewer calories per meal when they are instructed to eat slower than usual. Sometimes counting 'chews' is helpful, but

some find this to take some of the pleasure out of eating. There is no formal or research backed number in this case, but 20-30 chews/bite is common."

However, many students find that calculating eating time and the number of chews is not only time consuming, but completely unappealing. Instead, smaller and more balanced meals are on the menu.

Sarah Prial, a senior at Sacred Heart, agreed that counting minutes and bites of food is not part of her regimen.

"Although I don't really diet, I eat multiple small meals a day so I don't sit down and eat too much at once. I don't pay attention to diets, I just eat what I know keep me healthier and well-fed," said Prial.

Many Sacred Heart students said that they too do not consider counting the number of bites, despite studies supporting the theories.

"I eat unhealthy foods too, it's not a big deal. But everything should be in moderation. That's the best diet plan," said Prial.

Brittany Foy
Staff Reporter

During the late 1990s and the early 2000s, for many, one word was synonymous with diet. Atkins.

The Atkins diet, along with South Beach diet and others, had a brief and shining moment in weight loss history. However, experts have noticed that these diets of low-carbohydrate intake are not only less effective than others, but also are not life-long solutions. Furthermore, these low-carbohydrate diets have been linked to disease over time.

"With the exception of lowering 'bad' cholesterol, low carbohydrate diets tend to reduce cardiovascular disease risks more than standard American Heart Association-approved low fat diets," said Dr. Beau Greer, assistant professor and director of exercise and nutrition program at Sacred Heart University.

"There are some remaining concerns about an increase in the risk of certain cancers due to the heavy consumption of animal protein and fat, as well as bone density problems that may arise. Since those variables take so long to measure, research is lacking to confirm or disprove those hypotheses," said Greer.

Despite the early hype around these fad diets, newer, more improved eating styles have come about.

Names like Nutrisystem and Jenny Craig have emerged, which make eating healthier not only possible, but a viable alternative to self-control diets. Many Sacred Heart students said that they prefer these newer diets to low-carbohydrate ones.

Sophomore Jill Nosenzo is among the many who do not adhere to low-carb diets of the past.

"While I haven't tried the low-carb diets, I have done one called the Ideal Protein diet. They send you the food so it's easy to follow and works really well," said Nosenzo.

These diet systems send customers the food to make it easier to know what kinds of food to eat, how much, and when.

They emphasize smaller, healthier portions of varied foods. By eating protein, carbohydrates and vitamins, people are able to see long-term results quicker.

Sophomore Lauren Flynn said that she also does not follow a low-carbohydrate diet as they often do not work. "I have done detox programs before that help to lose weight quickly. They're a great way to start a diet plan."

Dr. Greer explained the reason many of these diets do not work is because they require much self-discipline.

"Most people have trouble adhering to very low carbohydrate diets such as Atkins, and therefore long-term weight control may not be a success," said Greer.

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Working out gender differences at the gym

Michael Prate
Staff Reporter

Stepping into a gym you will generally see the cardio section mixed with men and women, but there can be a tendency for more women to be in the cardio area. In the weights area, the gender ratio will be lopsided in the opposite direction.

"Women tend to focus more on just cardio and trying to stay slim while men are interested in both weightlifting and cardio," said junior Mike Post.

According to a survey conducted by Web site Well-sphere.com, 23 percent of women have never exercised, 79 percent lift very little weights, and 41 percent find muscles to be unattractive. The survey also points out that women prefer to be thin than strong with 71 percent of women who would rather look too thin than muscular and 18 percent of women would rather look fat than muscular.

"I agree that the main reason girls don't lift weights is because they don't want to look muscular. But from what I see in the gym is usually the girl's on the weightlifting side of the gym are female athletes of the school," said senior Marissa Foster.

Doing cardio workouts are not just geared towards people wanting to lose weight. Student-athletes at Sacred Heart University do cardio for good overall health and stamina.

"I never liked doing cardio, but I know it's important and part of our everyday workout for lacrosse," said sophomore Dennis Gannon of the men's lacrosse team. "Stamina is credential when it comes to being a good ath-



Photo courtesy of Keating Associates

Students exercise on the treadmills and elliptical machines in Christian Witness Commons Donovan Hall.

lete in any sport."

Some students feel that working out is for trying to improve or maintain a healthy lifestyle and self-image.

"Everyone is in the gym for the same reason, they want to look and feel better about themselves. Going to the gym makes you feel healthier and sparks new confidence," said senior AJ Lewis.

"Lifting weights is good for you to an extent, but it seems that more men know that muscle gets rid of fat and by lifting light weights you won't get bulky."

I'm sure if more women knew the truth to that the gyms would be more balanced," he said.

THE HIDDEN TRUTH BEHIND THE SMOKING HABIT

Chris Corrigan
Staff Reporter

For any teenager entering college, freshman year means one thing — freedom. Some may use their freedom to try out unknown substances such as alcohol, marijuana, or cigarettes.

For those who indulge too deep, the college lifestyle can turn from drunken curiosity to a life-long addiction. According to the College Tobacco Prevention Recourse, smoking prevalence is highest among freshman students.

Senior RJ Stegmeier became a statistic one fuzzy night four years ago waiting for a cab.

"It was freezing and I was impatient, said Stegmeier. "The first pull tasted awful."

"Then I got a little light headed and relaxed," he said. "I still didn't like it that much, but I had another the following week."

The allure of smoking intrigues others like RJ, to try this addictive stick in the first place.

"I tried a cigarette outside a party with a group of girls who were smoking," said senior Mike Cotrone. "It wasn't for me though. I really just wanted to talk to these girls, I used it as my in."

Smoking's social element is something that connects smokers globally. Wherever you go, you're bound to see a group of smokers huddled closely together chatting away.

"Freshman year can be a rough adjusting period. I made some of my first friends just because we became

close outside Merton and Seton smoking cigarettes," said junior Laura Marano.

Many vulnerable freshmen are bound to try whatever it takes to make some friends.

Though there are countless reasons, seeing Hollywood heartthrobs glamorously smoke might make some want to try it themselves.

"Brad Pitt has a fight scene in Fight Club where he's smoking," said sophomore Katherine Formica. "He takes off his shirt, he smokes, and I died."

"I think that advertising and the media can really affect a person's subconscious. Seeing stars smoke tells us it's okay from an early age."

Though some may not be smokers, seeing their favorite actors smoke may still seem appealing.

"I'm not a smoker, but I could see why people think it looks cool," said junior Rob Sivigny. "There's a part in Goodfellas where the camera slowly zooms in on Robert DeNiro as he smokes a cigarette."

Most students have even had all of the health

facts thrown in their face throughout their years of schooling. Why do students continue to smoke cigarettes?

"Unless you've lost a family member or a close friend, the consequences of smoking don't really impact you that much," said senior Heather Jones.

Regardless of what one may think, these risks can happen to anyone. Smokers should take much caution before each light up.

If you're a smoker trying to quit, S.W.E.E.T peer educators are available and ready to help. Feel free to contact an educator for healthy quitting tips and facts.



Jimmy Cecunjanin lights his cigarette at the 980 Italian Social Club in Bridgeport on Sunday night, March 14th.

The Spectrum/Antonino Mannino

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Scoreboard

Friday, March 12

M. Hockey

Holy Cross- 0

SHU- 4

Saturday, March 13

Baseball

SHU- 11

UMBC- 1

M. Lacrosse

SHU- 7

Jacksonville- 17

Softball

SHU- 7

Columbia- 0

SHU- 3

La Salle- 2

W. Lacrosse

UConn- 14

SHU- 7

M. Hockey

Holy Cross- 3

SHU- 4 (OT)

On Deck

Tomorrow

M. Hockey @ Air Force

7:35 p.m.

M. Volleyball vs. Rivier

7 p.m.

Baseball vs. UConn

3:30 p.m.

W. Lacrosse vs. CCSU

3 p.m.

Softball @ Houston

Baptist 11:30 a.m.

Saturday, March 20

M. Hockey @ Air Force

7:35 p.m.

Baseball @ UConn

1 p.m.

M. Volleyball vs. Harvard

3 p.m.

Softball @ Buffalo

10 a.m.

W. Tennis vs. Albany

1 p.m.

W. Lacrosse @ Hofstra

1 p.m.

Sunday, March 21

W. Lacrosse vs. Bryant

1 p.m.

Softball @ Oakland

11:15 a.m.

W. Tennis @ Fairfield

Noon



The Spectrum/Michele Tymann

Sacred Heart's Matt Gingera (#26) eludes a Holy Cross defender during a recent game against Holy Cross at the Milford Ice Pavilion. Gingera scored the game-winning goal in overtime against Holy Cross to send the Pioneers to the AHA semifinals against Air Force.

Pioneers sweep Holy Cross, will face Air Force

Mike Leboff
Staff Reporter

The Sacred Heart University men's hockey team clinched a berth in the Atlantic Hockey Association semifinals on Friday night at the Blue Cross Arena in Rochester, N.Y.

After finishing the season on a 15-3-2 tear and earning the second seed in the AHA playoffs, the Pioneers swept the Holy Cross Crusaders at the Milford Ice Pavilion in a best-of-three series to earn a date with Air Force.

The Pioneers opened up the series against Holy Cross with a convincing 4-0 win behind freshman Steven Legatto's 36 saves in net. It was Legatto's second career shutout.

The two teams returned to the ice the next night where Sacred Heart defeated the Crusaders in overtime on a goal from sophomore Matt Gingera.

After a scoreless first period on Friday which featured back-and-forth action, Sacred Heart came out flying to start the second.

With Sacred Heart on a two man advantage, senior Nick Johnson started the scoring for the Pioneers as he put away his 26th goal of the year and eighth game-winner which is tops in the country.

Legatto made sure the Pioneers closed out the period with a lead, as he made several dramatic saves to keep the Crusaders off the scoreboard.

Almost halfway into the third period, sophomore Ryan Miniaci doubled the lead for the Pioneers with his first goal of the year on assists from senior Erik Boisvert and freshman Eric Delong.

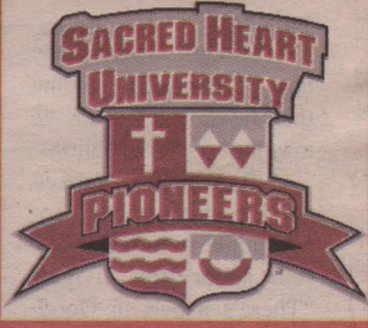

A little over four minutes later, senior Dave Jarman took a pass from junior Patrick Knowlton and gave the Pioneers a commanding 3-0 lead.

Delong put the game away with an empty netter with 1:43 left in the third period to ice the victory for the Pioneers.

Despite the team's strong offensive performance, the true star of the game was

Frozen Four

Pioneers vs. Air Force

When: Tomorrow Night
7:35 p.m.

Where: Blue Cross Arena
Rochester, N.Y.

Legatto who made several jaw-dropping saves throughout the entire contest to keep the Pioneers in the game.

The Pioneers looked to continue their momentum on Saturday night and it didn't take long for Johnson to return to the scoring column as he put the home team ahead 1-0 with another goal just over three minutes into the game.

Boisvert put Sacred Heart up by two goals at the 12:35 mark of the first stanza when he beat the Crusaders' goalie.

After an impressive showing in the first period, the Pioneers came out slow in the second period.

Just 21 seconds into the period, Rob Linsmayer pulled the Crusaders to within one goal after he took a pass from teammate Rob

Forshner and put it past Legatto to cut the Pioneers lead to 2-1.

It was the first goal of the series for the visitors and ended Legatto's four period shut-out streak.

Six minutes later, the Crusaders drew even with the Pioneers on a goal by Jordan Cyr.

It didn't take Holy Cross long to take the lead, as just 30 seconds later, Kyle Atkins put the visitors up 3-2 and regained the momentum.

Sacred Heart, however, regained their composure after the goal and prevented the Crusaders from running away with the game.

See HOCKEY on page 15...

Volleyball co-captains use teamwork to lead athletes

Tom Herles
Staff Reporter

For Division I athletes like those at Sacred Heart University, inspiration comes from multiple sources.

In addition, to parents and coaches, those that earn the title of team captain contribute in different ways to the team dynamic.

While varying coaching systems call for different obligations from the position, it is often one that comes with a certain amount of prestige and responsibility.

For the captains of the Pioneers men's volleyball team, being skipper is all about inspiring their teammates.

"Mostly, I try to make sure that I am leading by example and hope that others will follow my lead if I can be a positive model for them," said senior Kalani Efstathiou who acts as co-captain along with senior Scott Grandpre.

The two-captain method is one that allows for those players to split responsibilities and also give two different perspectives.

According to Grandpre, this partnership is an important part of leading the team.

"We often meet and discuss what will be best for the team," said Grandpre. "We try to contribute by helping our teammates improve in workouts. Having the two of us approach situations together makes it easier to provide the necessary insight for our team to be the best it can."

According to Efstathiou, the volleyball team's head coach, Rob Machan, set no restrictions on the roles for the individual captains, but Efstathiou serves as the floor captain who deals with in-match issues that need to be discussed with officials.

One of the main variations from team to team is the method of selecting those

who will serve as captain.

Often, the coach will select a captain and other times the players will vote for who they think fits the position best.

The men's volleyball team has one of each. The team elected Grandpre and Efstathiou was chosen as floor captain by coach Machan. Though it may be no coincidence that the two were good friends and roommates for multiple years while at Sacred Heart.

"Scott and I try to work together to make sure we're consistent in what we are doing," said Efstathiou. "We work as a pair to make sure that we can do our best to help our team achieve their goals."

Hailing from opposite ends of the country, both came to the school with academics and volleyball in mind.

Grandpre, an East Greenwich, R.I. native, came the short distance to Fairfield with experiences that include two years on the Rhode Island volleyball all-star team.

"Knowing how to lead and motivate others is a useful skill. More than that, by being in a leadership position, it also helps you understand how to follow other leaders and appreciate the challenges your boss or manager may be facing."

*-Kalani Efstathiou
Sacred Heart men's volleyball*

His experience was meant to help the team that was still up and coming in their conference.

Efstathiou, a native of Beaverton, Oregon, discovered Sacred Heart through



Photo courtesy of Athletic Communications

Senior Kalani Efstathiou, a native of Beaverton, Oregon, is one of two co-captains on the Sacred Heart University men's volleyball team.

an Internet search for colleges.

After sending in a recruiting tape with some of his volleyball highlights, he was brought into Sacred Heart and has played volleyball here for the past four years.

With nine matches remaining before the Eastern Intercollegiate Volleyball Association playoffs, the Pioneers have a 12-7 overall record and are undefeated in conference at 3-0. The road to this point has been a bumpy one.

"We've been on both sides of a lot of close games this season," said Grandpre. "Everyone is doing their part to get us the results we're looking for, and that includes Kalani and me on and off the court."

With both in their final collegiate

season and with their senior year winding down, the captains are looking to bring the experience they've gained to future opportunities.

"I believe I have a huge advantage when it comes to future endeavors," said Efstathiou. "Knowing how to lead and motivate others is a useful skill. More than that, by being in a leadership position, it also helps you understand how to follow other leaders and appreciate the challenges your boss or manager may be facing."

"Being captain has helped me realize the importance of having a voice when working with your peers," said Grandpre. "I can see it helping in any future position I have."

Baseball team wraps up Florida trip, extends stay

Emily Gumbs
Asst. Sports Editor

The Sacred Heart University baseball team traveled to Florida for a week of games in Winter Haven and Lakeland, not knowing the rain in Florida would cancel a pair of games, and the heavy rain in the Northeast would strand them in the south for a couple of extra days.

On March 7, the Pioneers started the trip well by defeating St. Bonaventure University, 16-13.

Sophomore Hunter Phillips had four

hits, while fellow sophomore Rob Griffith added three hits and five RBI.

The Pioneers struggled in the field, committing four errors that helped St. Bonaventure keep the score tied 7-7 at the end of the third inning, before the Pioneers came on strong in the end to capture the win.

Senior Jared Balbach picked up his first win of the season, pitching 5 2/3 innings. Freshman Troy Scribner had his first collegiate save.

The next day, the Pioneers fell to the University of Rhode Island, 11-10.

The game was close the entire time and freshman Dave Boisture drove home Phillips with a triple in the top of the ninth to get the Pioneers within a run, and freshman John Murphy tied the game at 10-10 with a sacrifice fly that scored Boisture.

The Rams won the game with an RBI single in the bottom of the ninth.

Sacred Heart gave up 16 runs and committed three errors in the first four innings of the game the next day against Bowling Green, losing 16-10.

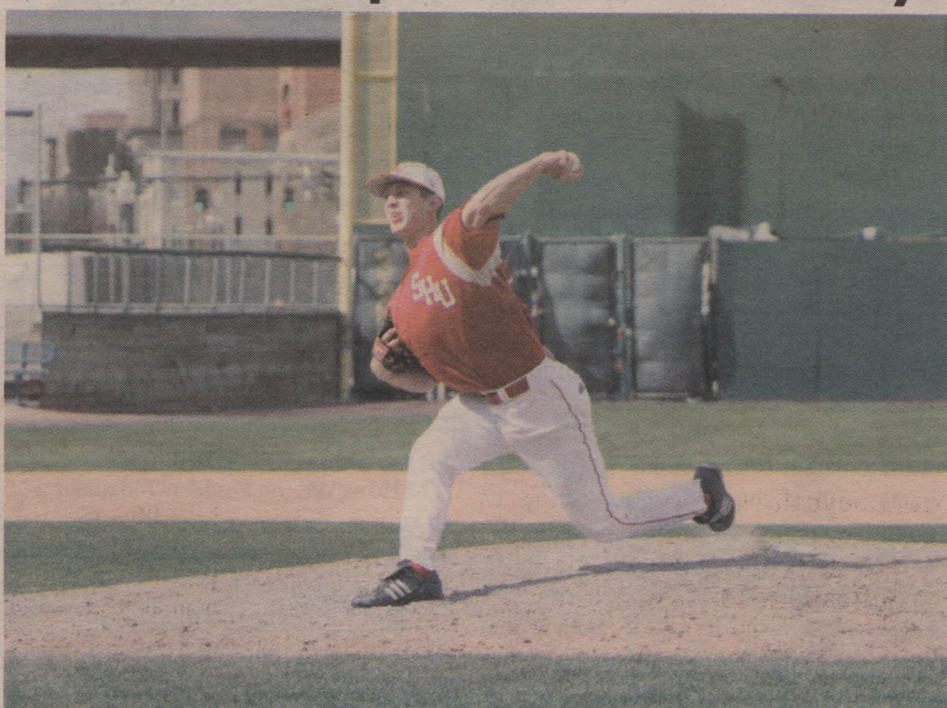
Senior JJ Edwards had three hits for the Pioneers, and sophomore Mike Olszyk had a pair of hits and four RBI but were not able to bring the team back.

The Pioneers faced Lehigh University on March 10 and dropped an 8-5 decision.

Down 5-2 early, the Pioneers scored three times in the bottom of the fifth to tie the game at five.

Scribner recorded the loss for the team, allowing two earned runs in 4 1/3 innings in relief of starter James Ineson.

The offense was led by senior Jeff Heppner with a pair of hits and three RBI. Murphy had three hits.



The Spectrum/Emily Gumbs

Sacred Heart's Jared Balbach delivers a pitch during a game last season at the Ballpark at Harbor Yard.

The next two scheduled games against Butler and Miami of Ohio were cancelled due to rain, but the Pioneers came back on March 13 and defeated the University of Maryland-Baltimore County, 11-1.

Senior Steve Tedesco had three hits, including the first homer of his career with a three-run shot in the third inning. Heppner also smashed his first homer of the year.

Balbach earned his second win of the year on the mound with seven strong innings.

"We did okay," said Heppner. "But there is still a few things we need to iron

out before we hit conference play."

The Pioneers were supposed to travel back to campus on Saturday but things didn't quite go as planned.

"The flight was cancelled and we couldn't re-book until Monday," said Heppner. "The team had to be divided into three different flights."

Some of the team didn't return to Fairfield until Tuesday night.

The Pioneers are scheduled to return to action tomorrow at 3:30 p.m. against the University of Connecticut at the Ballpark at Harbor Yard.



The Spectrum/Emily Gumbs

Sacred Heart's Hunter Phillips takes a swing during a game last year at the Ballpark at Harbor Yard. Phillips went 4-for-5 in the Pioneers' 16-13 victory over St. Bonaventure on March 7.

Yankees brass embraces 27th title, gets 'right back at it'

Rob Morgan
Sports Editor

Less than 24 hours after the New York Yankees won their 27th world championship last November, pro scouting director Billy Eppler was already back to work.

While most of the organization was still basking in the previous night's series-clinching victory over the Philadelphia Phillies, Eppler, a Stamford native, was sitting at home about to sign in to the Yankees server on his laptop when he sent a text message to director of amateur scouting Damon Oppenheimer.

"I'm already looking at possible replacements and next year's free agent class," said Eppler in his text message to Oppenheimer. "Is there something wrong with that?"

According to Eppler, Oppenheimer responded in a way that gave him both a sense of relief and comfort.

"No," said Oppenheimer. "You're absolutely normal."

To the average fan, this may seem anything but a "normal" lifestyle, especially in a business where winning a championship is by no means an easy task.

But for members of the Yankees front office, where winning the World Series is more of a relief than an accomplishment, long hours and a short memory are essential tools of the trade.

"It's a moment you embrace and try to slow everything down like a wedding day," said Eppler on winning the World Series. "But the next day comes and you're married and moving forward."

For general manager Brian Cashman, once the tickertape from the parade down

the Canyon of Heroes stopped falling, the 2010 season had officially begun.

"In the front office, especially in my position, it's hard to enjoy it because you have to turn the page immediately and get right after it," said Cashman. "[Four days after we won the World Series] I was on a flight to Chicago for the GM meetings."

Cashman, a Darien native, got his start with the Yankees as an intern in 1986 before rising through the ranks to become senior vice president and general manager in 1998.

"I had an opportunity to do an internship with the Yankees and never expected to have a full-time career out of it," said Cashman. "Some people above me noticed my effort and work product. I wasn't trying to be noticed – I was just trying to do the best I could at that moment in time. Work ethic alone opened some doors for me that I wasn't even aware were opening at the time."

In 2005, after sensing a significant division within the organization, Cashman presented owner George Steinbrenner with a plan that gave him complete control of all baseball operations.

A major part of that plan was hiring Eppler to run the organization's pro scouting department where he and his staff would be responsible for evaluating talent and making player recommendations.

While the move has helped significantly in terms of increasing communication and accountability, it has also meant more work for all those involved.

For instance, Cashman is always on call – even at charity events and public appearances – where he is often taking business calls that require his undivided



AP Photo

New York Yankees general manager Brian Cashman, left, has a discussion with manager Joe Girardi before a recent spring training game in Tampa, Fla.

attention.

Whether it's gauging the interest of a free agent or listening to a potential trade proposal from another GM, Cashman understands that there is little time to relax.

"It's 24/7 in the information world," he said. "I stay connected on the Blackberry through e-mail or texting or whatever it takes. It's the nature of the beast."

According to Eppler, who began his career as a part-time amateur scout in the Colorado Rockies organization at age 24 before latching on with the Yankees in 2000, the overall experience of working for the Yankees, while exhausting at times, is worth the many sacrifices it requires.

"You have to be willing to sign yourself up for indentured servitude," said

Eppler. "When I was in that boat of making \$5,000 over the course of a year and I had to have a second job to make ends meet, I was fortunate enough to have a family in the city where I was working so at least I could have free room and board."

"It's all about making those sacrifices and knowing that after Year One it might not lead to a full-time job and after Year Two, you hope it does or you hope that it helps you meet people within the industry and network and market yourself."

With people like Cashman and Eppler running the baseball operations for the most successful franchise in sports, Yankees fans can rest assured that work ethic is one thing that won't be lacking anytime soon.

PIONEERS' SEASON ENDS WITH 63-51 LOSS TO CCSU

Antonino Mannino
Staff Reporter

The Sacred Heart University women's basketball team saw their season come to an end on March 6 after losing to the Central Connecticut State University Blue Devils, 63-51, in the first round of the Northeast Conference Tournament.

Despite a strong performance from junior Alisa Apo who scored a game-high 26 points, the Pioneers as a team shot just 21.8 percent from the floor and saw their quest to defend last year's NEC title end in Loretto, Pa.

Central Connecticut was led by forward Justina Udenze who finished the game with a double-double, scoring 17 points and pulling down 18 rebounds.

The Blue Devils got off to a quick start by building an 18-13 lead with 9:41 left to play in the first half. During this spurt, the Pioneers went almost five minutes without making a shot.

However, clutch 3-point shooting and free throws from Apo kept the game close at 27-25 at the 1:43 mark in the first half.

But a 3-pointer from Central Connecticut's Rachel Chandler and free throws from Kerriane Dugan gave the Blue Devils a 33-27 lead at halftime.

The Pioneers came out of the locker room in the second half with a 7-2 run led by Apo who hit a 3-pointer to close the gap to 34-33.

Central Connecticut then took a timeout to regroup and responded with a 7-0 run of their own to jump back ahead 41-34 with 15:41 left to play in the game.

Sacred Heart went on another run which was again led by Apo who helped cut the lead to 43-42 with 11:50 left in the game.



Central Connecticut began to pull away as they went on a 12-2 run to open up a 55-44 lead with 5:56 to play.

However, the Pioneers remained within striking distance of the Blue Devils for much of the game – twice cutting their lead to one point.

But for every run the Pioneers made, the Blue Devils answered right back thanks to their strong shooting performance.

The Blue Devils also rose to the occasion on the defensive end as they held sophomore Callan Taylor and junior Maggie Cosgrove to four points each.

Central Connecticut head coach Beryl Piper called another timeout which fired up the team as they took control of the game over the next eight minutes as they held on for the upset.

Helping the cause for Central Connecticut was Leanne Crockett, as she ended the game with 17 points and 13 rebounds.

The Blue Devils dominated the glass by grabbing 51 rebounds compared to the Pioneers' 36 and also outscored the Pioneers in the paint, 34-14.

In what ended up being her final collegiate game, senior Lindsey Gibson



The Spectrum/Zack Lane

Sacred Heart's Lindsay Gibson makes a pass during a recent game at the Pitt Center. Gibson scored seven points and grabbed a career-high 12 rebounds in the Pioneers' 63-51 loss to Central Connecticut State University in the opening round of the NEC Tournament.

finished with seven points and a career-high 12 rebounds.

The Pioneers finished the season with an overall record of 19-11 and third place in the NEC.

The St. Francis (Pa.) Red Flash, who lost to Sacred Heart in last year's conference title game, defeated Long Island University on Saturday to win the NEC tournament and advance to the NCAAs where they will take on Ohio State University in the opening round in Pittsburgh.

Material from this article was contributed by the Sacred Heart Athletic Web site

Season in Review Women's basketball

Overall Record: 19-12

Standings: 3rd place, NEC

Leading scorer: Alisa Apo
16 ppg

Fencing pair qualifies for NCAA Championships

Rob Morgan
Sports Editor

Sophomores Justin Dion and Marty Williams have qualified for the 2010 NCAA Division I men's fencing championships.

Dion and Williams competed in the NCAA Northeast Regionals on Sunday and both advanced in their respective bouts - Dion in the epee and Williams in the saber.

"I still feel a bit shocked," said Dion. "I never imagined that I would have made it this far when I first started fencing."

The latest feats were just a few in a season that featured the team winning their first ever championship at the New England Intercollegiate Fencing Tournament as well as the Northeast Conference Championship in February.

"I look for Justin and Marty to do well at the Championships. They have been fencing well lately and they have the games to be in every bout that they fence at the Championship."

*-Dr. Thomas Vrabel
Sacred Heart fencing head coach*

In addition to Dion and Williams, the Pioneers received notable contributions from freshmen Stuart Holmes and Jared Rebeor in the foil, and sophomore Nick Negrón in the epee in the regional match and throughout the season.



The Spectrum/Courtney Perlee

Sacred Heart's Marty Williams (left) acknowledges an opponent after a match on Jan. 10 at Temple University. Williams and teammate Justin Dion recently qualified for the NCAA Fencing Championships next week at Harvard University.

With several underclassmen already on the squad, the future looks promising for the Pioneers' fencing team, however, for now, the focus will be on the upcoming NCAA match where expectations for the duo are as high as ever.

"I look for Justin and Marty to do well at the Championships," said head coach Dr. Thomas Vrabel in a press release on the Sacred Heart athletic Web site. "They have been fencing well lately and they have the games to be in every bout that they fence at the Championship."

Dion and Williams will compete next week in the NCAA Championships at Harvard University.

Men's hockey team set for clash with Air Force

...Continued from Page 12

At the 15:28 mark of the period, Jarman gave the Pioneer faithful something to cheer about as he put home his 13th goal of the year to tie the game at 3-3 and sent the game into overtime.

Only a few moments into the extra period, Legatto made his best save of the series as he robbed Everett Sheen of a surefire goal.

The Pioneers seemed to be scrambling after the close call and took a penalty for having too many men on the ice.

The penalty killers proved their mettle and killed off the man-advantage, giving the team the momentum.

Seconds after the kill, Gingera took a feed from Knowlton and scored the goal that sent the Pioneers to the semifinal round.

Sacred Heart and Air Force have met four times this season, with the series tied at 2-2.

The Pioneers swept Air Force earlier this season at the Milford Ice Pavilion, while Air Force returned the favor with a two-game sweep in Colorado in late February.



The winner of Friday night's game will advance to the championship game on Saturday night at the Blue Cross Arena.

Face-off on Friday night is set for 7:35 p.m. while the opening draw for Saturday night's championship game is scheduled for 7:05 p.m.

For more coverage on the Sacred Heart hockey team's AHA playoff run, see next week's edition of the Spectrum.

Material from this article was contributed by the Sacred Heart athletic Web site

AHA Frozen Four

#2 Pioneers vs. #3 Air Force

#5 Canisius vs. #1 RIT

PHOTO OF THE WEEK



The Spectrum/Michele Tymann

Sacred Heart's Evan Morgan (#36) eludes a Marist College defender on Feb. 27 at Campus Field. The Pioneers lost to Jacksonville, 17-7, on March 13 and now stand at 1-4 overall.



2010 ISLANDERS BUSINESS CLUB CAREER FAIR NASSAU COLISEUM

THURSDAY, MARCH 25TH, 2010 • 4PM - 7PM

Meet representatives from different industries and professions, including sales and marketing, advertising, public relations and more! Representatives from professional sports teams and Islanders Business Club members are scheduled to attend.

- Learn about full-time, part-time and internship positions.
- Special guest speaker.
- Don't forget to bring plenty of resumes!
- Business attire recommended.
- Receive a ticket to see the Islanders take on the Flames.

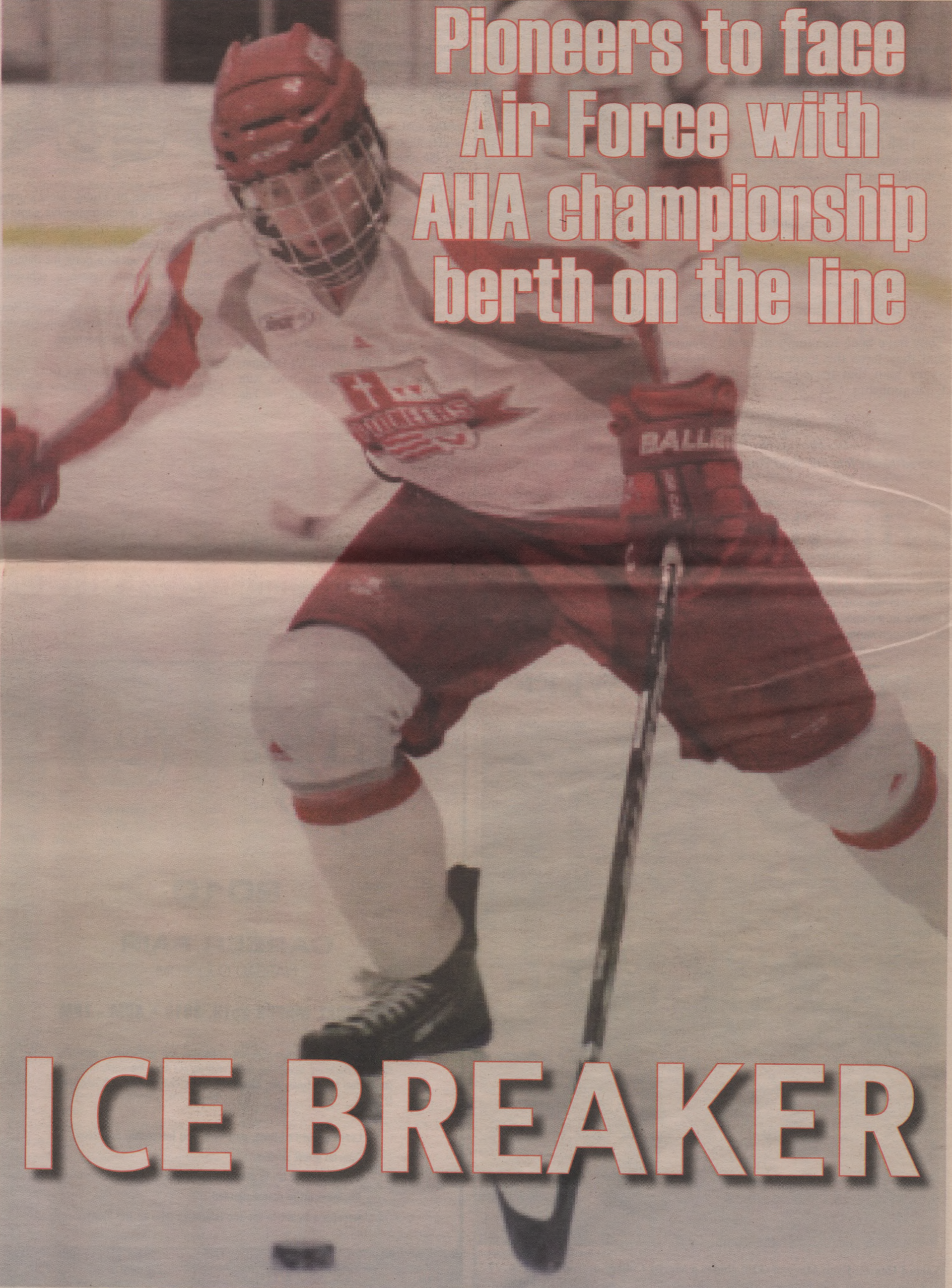
REGISTRATION FOR THE 2009 CAREER FAIR IS \$25.
THIS INCLUDES ACCESS TO THE CAREER FAIR AND A \$40 GAME TICKET
TO SEE THE NEW YORK ISLANDERS TAKE ON THE CALGARY FLAMES.

Registration deadline is March 18th. Registration is on a first-come-first-served basis. Space is limited.
QUESTIONS? CONTACT DAVE DUELO AT 516.501.6829

SPORTS

THE SPECTRUM

<http://shuspectrum.wordpress.com>



Pioneers to face
Air Force with
AHA championship
berth on the line

ICE BREAKER

Eric Delong and the Pioneers will face Air Force in the AHA semifinals in Rochester, N.Y. tomorrow night.

The Spectrum/Michele Tymann